

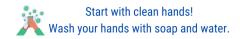
## **Beet Pancakes**

Prep Time: 25 min Cook Time: 15 min Serves 4

## **INGREDIENTS**

- 1 cup all-purpose or whole wheat flour
- 1¾ teaspoons baking powder
- 1½ tablespoons sugar
- ½ teaspoon salt
- ¼ teaspoon ground nutmeg
- ½ cup sliced beets, fresh or canned
- 1 egg, beaten
- ¾ cup milk
- 2 tablespoons vegetable oil

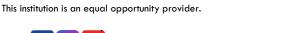
## **DIRECTIONS**



- 1. If using fresh beets, cook in a pot of boiling water until tender, about 15-20 minutes. Drain off water and cool beets slightly, then peel. If using canned beets, proceed with step 2.
- 2. In a food processor or blender, puree beets until smooth.
- 3. In a medium bowl, sift together flour, baking powder, sugar, salt, & nutmeg.
- 4. In a separate medium bowl, mix pureed beets, eggs, milk and oil. Pour beet mixture into the flour mixture and stir together to form a batter.
- 5. Preheat a lightly greased griddle over mediumhigh heat. Drop heaping tablespoons of batter mixture onto the griddle.
- 6. Cook the pancakes until bubbles begin to form on the top and the edges begin to brown, about 1-2 minutes. Flip and continue to cook until golden brown, about 2 minutes more.
- 7. Serve with syrup or top with fruit.









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